

# MARCH GROUP EXERCISE SCHEDULE – DBQ Y

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY  |
|--|---|--|---|--|---|
| 5:15-6:15a<br>BodyPump<br>Jamie (FS1)            | 5:30-6:15a<br>Bootcamp<br>Shelby (FS1)            | 5:15-6:15a<br>BodyPump<br>Kayla (FS1)              | 5:15-6:00a<br>TRX<br>Jamie (FS1)                  | 5:15-6:15a<br>BodyPump<br>Jamie (FS1)            |   |
| 5:30-6:15a<br>Cycling<br>Randy (FS3)             | 6:00-6:45a<br>Cycling<br>Kayla (FS3)              | 5:30-6:15a<br>Cycling<br>Randy (FS3)               | 6:00-6:45a<br>Cycling<br>Chirstina (FS3)          |  |   |
|  |   |  |   |  |   |
| 7:30-8:30a<br>Beginner Tai Chi<br>Millers (FS1)  | 7:30-8:30a<br>BodyPump<br>Tracy (FS1)             | 7:30-8:30a<br>Beginner Tai Chi<br>Millers (FS1)    | 7:30-8:30a<br>BodyPump<br>Tracy (FS1)             | 8:00-9:00a<br>Practice Tai Chi<br>Jim (FS1)      | 7:30-8:30a<br>Bodypump<br>Carol (FS1)                 |
| 8:30-9:30a<br>Advanced Tai Chi<br>Millers (FS1)  | 8:30-9:30a<br>Yoga<br>Lynette (RC3)               | 8:30-9:30a<br>Advanced Tai Chi<br>Millers (FS1)    | 8:30-9:30a<br>Yoga<br>Lynette (RC3)               |  | 7:30-8:15a<br>Cycling<br>Kayla (FS3)                  |
| 8:30-9:15a<br>Cycling<br>Jess(FS3)               |   | 8:30-9:15a<br>Barre Pilates<br>Pam (FS3)           |   | 8:30-9:15a<br>Cycling<br>Jess (FS3)              | 8:30-9:30a<br>Insanity<br>Tracy (FS1)                 |
| 9:15-10:00a<br>Full Body Strength<br>Carol (FS1) | 9:00-9:45a<br>Cycling<br>Jen (FS3)                | 9:30-10:00a<br>Simply Dance<br>Carol (FS1)         | 9:00-9:45a<br>Tabata Cycling<br>Erin (FS3)        | 9:15-10:00a<br>Full Body Strength<br>Carol (FS1) | 8:30-9:30a<br>Cycling<br>Greg (FS3)                   |
|  | 9:30-10:00a<br>Pilates & More<br>Mary Jo K. (FS1) |  | 9:30-10:00a<br>Pilates & More<br>Mary Jo K. (FS1) |  |   |
| 10:00-11:00a<br>EnhanceFitness<br>Carol (FS1)    | 10:15-11:00a<br>Chair Fit<br>Carol (FS1)          | 10:00-11:00a<br>EnhanceFitness<br>Carol/Erin (FS1) | 10:15-11:00a<br>Chair Fit<br>Carol (FS1)          | 10:00-11:00a<br>EnhanceFitness<br>Carol (FS1)    | 10:00-10:45a<br>Zumba Toning<br>Tiffany (FS1)         |
| 11:00-12:00p<br>Fit 4 Life<br>Judy (FS1)         |   | 11:00-12:00p<br>Fit 4 Life<br>Judy (FS1)           |   | 11:00-12:00p<br>Fit 4 Life<br>Judy (FS1)         |   |
| 12:05-1:00p<br>BodyPump<br>Carol (FS1)           | 12:05-1:00p<br>Cycling<br>Tom (FS3)               | 12:05-1:00p<br>BodyPump<br>Carol (FS1)             | 12:05-1:00p<br>Cycling<br>Tom (FS3)               | 12:05-1:00p<br>BodyPump<br>Katie (FS1)           |   |
|  |   |  |   |  | <b>SUNDAY</b><br>10:00-11:00a<br>Cycling<br>Tom (FS1) |
|  | 4:30-5:00p<br>Core Strength<br>Tracy (FS1)        |  | 4:30-5:00p<br>Core Strength<br>Tracy (FS1)        |  |   |
| 5:30-6:30p<br>BodyPump<br>Tracy (FS1)            | 5:30-6:15p<br>Zumba Toning<br>Tiffany (FS1)       | 5:30-6:30p<br>BodyPump<br>Mary Jo S. (FS1)         | 5:30-6:15p<br>Zumba<br>Tiffany (FS3)              |  |   |
| 5:30-6:15p<br>Cycling<br>Greg (FS3)              | 5:30-6:15p<br>Cycling<br>Erin (FS3)               | 5:30-6:15p<br>Cycling<br>Kayla (FS3)               | 5:30-6:30p<br>BodyPump<br>Carol (FS1)             |  |   |
| 5:30-6:30p<br>Vinyasa Yoga<br>Jai Ram (FS2)      | 5:30-6:30p<br>Yoga Nidra<br>Jai Ram (FS1)         | 5:30-6:30p<br>Vinyasa Yoga<br>Jai Ram (FS2)        | 5:30-6:30p<br>Physic Yoga<br>Jai Ram (FS2)        |  |   |
| 6:30-8:00p<br>Kickboxing<br>Pat (FS1)            |   | 6:30-8:00p<br>Kickboxing<br>Pat (FS1)              | 6:30-7:15p<br>Cycling<br>Kayala (FS3)             |  |   |

## CLASS COLOR CODE:

|              |                    |
|--------------|--------------------|
| Cycle        | Mind/Body          |
| Cardio/Dance | Active Older Adult |
| Strength     | Core/Flexibility   |

## CLASS LOCATIONS:

- (FS1) – Fitness Studio 1
- (FS2) – Fitness Studio 2
- (FS3) – Fitness Studio 3
- (RC3) – Racquetball Court 3

# WATER CLASSES

(SP) - Small Pool

(LP) - Large

| MONDAY   | TUESDAY   | WEDNESDAY                                      | THURSDAY  | FRIDAY   | SATURDAY  |
|--|---|--|---|--|---|
| 8:00-9:00a<br>Warm Water Aero.<br>Claire (SP)  | 8:30-9:15a<br>Deep Water Aero.<br>Linda/Larry (LP)    | 8:00-9:00a<br>Warm Water Aero.<br>Larry (SP)   | 8:30-9:15a<br>Deep Water Aero.<br>Linda/Larry (LP)    | 8:00-9:00a<br>Warm Water Aero.<br>Larry (SP)   | 8:30-8:150a<br>Water Areobics.<br>Michelle (LP) |
| 8:30-9:15a<br>Water Areobics<br>Tracy (LP)     | 9:20-9:50a<br>Pedal for a Purpose<br>Linda/Larry (LP) | 8:30-9:15a<br>Water Areobics<br>Tracy (LP)     | 9:20-9:50a<br>Pedal for a Purpose<br>Linda/Larry (LP) | 8:30-9:15a<br>Water Areobics<br>Tracy (LP)     |   |
|  | 9:45-10:30a<br>Aqua Yoga<br>Lynette (SP)              |  | 9:45-10:30a<br>Aqua Yoga<br>Lynette (SP)              |  |   |
| 11:00-11:45a<br>Warm Water Aero.<br>Cathy (SP) | 11:00-11:45a<br>Aqua Toning<br>Cathy (SP)             | 11:00-11:45a<br>Warm Water Aero.<br>Cathy (SP) | 11:00-11:45a<br>Aqua Toning<br>Cathy (SP)             | 11:00-11:45a<br>Warm Water Aero.<br>Cathy (SP) |   |
|  |   |  |   |  |   |
| 5:30-6:15p<br>Water Areobics<br>Michelle (LP)  |   | 6:00-6:45p<br>Water Areobics<br>Michelle (LP)  |   |  |   |

**SUNDAY**

## CLASS DESCRIPTIONS:

|                         |  |
|-------------------------|--|
| Aqua Toning             | This warm water workout improves strength while incorporating full body movements.   |
| Aqua Yoga               | Low-impact exercises, performing yoga poses in warm water. Increase flexibility, stability, and balance.   |
| Barre Pilates           | This workout combines ballet-inspired moves with elements of Pilates, dance, yoga and strength training.   |
| BodyPump                | Fun, energizing barbell program that will improve general fitness, as well as, shape and tone muscles.   |
| Bootcamp                | Take your cardio workout to the next level by incorporating full body moves that promote endurance, strength, and stamina.   |
| Chair Fit               | Hand weights, elastic bands, and a ball are offered for resistance as you complete this 45 minute workout. A chair is offered for support, stretching, and relaxation.   |
| Core & More/Strength    | This 30 minute workout focuses on core movement to increase balance, coordination, and stability. Resistance bands and full body movements are used to increase intensity.   |
| Cycling                 | Jump on a bike and pedal your way to a great cardio workout that promotes strength and endurance.  |
| Deep Water Aerobics     | A no-impact class that utilizes belts and noodles for stabilization in deep water. Floatation belts provided but not required.   |
| EnhanceFitness          | Upper and lower body weight exercises are alternated with non-impact aerobics combined with a standing circuit workout. A chair is offered for support, stretching, and relaxation.  |
| Fit 4 Life              | Start toning, strengthen, and maintaining a healthy lifestyle, this 60 min class will focus on a combination of cardio, strength, and flexibility.   |
| Insanity                | This total body workout that requires no equipment. Using interval training, you exercise at a very intense pace for a short period of time, and then rest for longer period of time in between circuits.  |
| Kickboxing              | Total body workout while learning self-defense techniques. This class is taught by a certified black belt instructor and does not include physical contact. Drills are done using focus mitts and blocking pads.                                       |
| Lower Body Conditioning | Tone your body with varies pieces of equipment. This class also includes core strengthening.   |
| Pilates & More          | This mat class is a series of floor exercises designed to realign and strength your body while concentrating on your abdominal muscles and core.   |
| Resist-A-Ball           | This class improves balance, posture, body awareness, and coordination all while using a resistance ball.  |
| Tai Chi                 | Take time to slow down, relax, and balance your mind/body. Learn this ancient meditation and movement to increase energy, balance, strength, and concentration. *We encourage all members to start in the Beginner level class before trying Advanced. |
| Tabata Cycle            | This cycling workout consist of interval training to push your endurance and cardio exercise to the next level.  |
| Upper Body Conditioning | Tone your body with varies pieces of equipment.  |
| Warm Water Aerobics     | This low impact water fitness class is designed for those limited joint motions, strength, or cardio-respiratory function.   |
| Water Aerobics          | A complete water workout in shallow and deep water. You will experience aerobic exercises, strength, and core stability moves.   |
| Yoga                    | Method of learning that combines posture, breathing, and focus to promote strength, flexibility, stamina, balance, and deep relaxation of the mind and body.   |
| Zumba                   | Fun Latin rhythms and easy to follow moves will tone, sculpt, and melt away stress while leaving you feeling energized.  |
| Zumba Toning            | Take your Zumba workout to the next level, by including Zumba Toning Sticks to add resistance and increase strength movements through the workout.   |

